



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Attendance

January 31, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Katie Stone and Dana Dorsey
Personal Fitness Navigators	Ricardo Wilson
CPH – Healthy Children, Healthy Weights	Hannah Bills and Alyssa Dorsey
Nationwide Children’s Hospital	Megan Gorby
Children’s Hunger Alliance	Michelle Hoffman
OSU Extension	Carol Smathers
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
Franklin Park Conservatory	Christie Nohle
Franklin County W.I.C.	Dawn Sweet
Mount Carmel - Faith Partnership	Kate Whitman
Columbus City Schools	Carolyn Bernard
CPH - My Baby and Me	Debra Hall and Stephanie Wade
CPH- Local Food Access	Cheryl Graffagnino and Erica Schwab
Franklin County Public Health	Kristin Peters
American Heart Association	Alice Luse
Columbus Urban League Head Start	Joyce Grimes and Kye Mosley

2016 STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Growing Healthy Kids Columbus is facilitated by Columbus Public Health - www.publichealth.columbus.gov

Agenda

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	-Save the date: Healthy Gatherings Workshop – April 25 8:30am – noon at CPH. GHKC 2017 Meeting Dates have been set; Outlook invites will be sent out too.
Katie Stone and Dana Dorsey, CPH/CHC	-New Creating Healthy Communities grant year – focus on active commuting initiatives (Bike Friendly Franklinton coalition), tobacco/smoke-free housing, Fresh Foods Here (flyers at next meeting) and Safe Routes to School. Specific programs like: Smoke Free Baby and Me and Your Move Ohio. -Consider joining Chronic Disease Prevention Advisory Board – similar GHKC but for all ages, PSEC focus. Next meeting: February 23, 2017 CPH 119C, 2-4pm
Ricardo Wilson, Personal Fitness Navigators	-Has been teaching boxing and general fitness to more younger kids, raised concerns about students required to take only 2 high school gym classes (with option to opt-out)
Hannah Bills and Alyssa Dorsey, CPH/HCHW	-Hannah is the new Program Coordinator for HCHW -Recent Channel 10 Commit To Be Fit segment on the importance of breakfast -HCHW had 25 OHP certified centers in 2016 -10 hours-worth of Ohio Approved trainings for early care providers wrapping up; train the trainer coming up for OHP (participants from across the state implementing OHP)
Megan Gorby, NCH CHWN	- Big demand for Cold Weather Fun handout from providers to give to their patients - Will be tabling at Community Development for All People: First Birthday Party this Saturday (2/4/2017) 3-5pm
Carol Smathers, OSU Extension	- recent research study: Mothers, infants, toddlers and relationship to obesity
Elise Fester, CDC/CPH/CDP	-Organizing spring Safe Routes to School programs – Walk/Bike to School Day and Bike Rodeos. Working on some more long-term programming in Linden and Hilltop neighborhoods. -Developing a Healthy Celebrations Ring of Fun! Organized month by month with different themed foods and activities
Christie Nohle, Franklin Park Conservatory	-Contact if interested in attending farmer's markets as

	educator -Started Nature School program and going well –strong emphasis on activity and nutrition (next session in March)
Dawn Sweet, Franklin County WIC	-WIC Caseload is down nationally 5%, potentially due to drop-off when child turns 1 – increasing outreach through kid-focused messaging on FB pages, health fairs, etc. -Moms Quit For Two program - look for resources and referrals
Kate Whitman, Mount Carmel Church Partnership	-Corporate center menu updates – healthier choices and upgraded to big industrial canisters of water available to staff as a result of the Pay-it forward award
Cheryl Graffagnino, Local Food Access	-Local food action plan passed, now convening Local Food Councils – consider becoming a voting board member
Michelle Hoffman, CHA	- New to position - CHA working on incorporating OHP guidelines into form appropriate for afterschool providers
Kristin Peters, FCPH	-Power Gardens in Canal Winchester
Alice Luse, AHA	-Wear Red on Friday to support women with heart disease, contact Alice if you need more materials
Debroah Hall and Stephanie Wade, CPH/My Baby and Me	-Audited in 2016, no findings! -Currently in year 3 of 5-year grant
Joyce Grimes and Kye Mosley, Columbus Urban League / Head Start	-Southside location now OHP designated -Programming has been partnering with Simple suppers (OSU), Local Matters, SNAP Ed (OSU), and incorporating lots of other healthy nutrition programming

10:30am – 10:40am End of Year Survey Results

Erica Schwab

- Erica shared end of year survey results. A copy of the results will be emailed along with the meeting minutes.
- Comment made to emphasize:
 - 88% PSEC reported around the group campaigns
 - 62% PSEC reported separate from campaigns
 - Stats support conclusion that we accomplish more change when we work together!

10:40am – 10:45am 2017 Objectives

Carol Smathers

- By December 31, 2017:
 - GHKC members will develop at least 3 new resources to support obesity prevention education and practices.
 - At least 75% of GHKC active and supporting members will report utilizing resources created by GHKC.
 - At least 75% of GHKC active and supporting members will share GHKC resources with the community and/or other organizations.
 - At least 75% of GHKC active and supporting members will report learning/gaining new ideas based on workshops and presentations given at the meetings.
 - GHKC coalition will identify 3 new and/or sustained Policy, system and environmental changes.

- GHKC coalition will identify 3 significant successes as a result of PSECs and consistent messaging related to GHKC efforts.
- Definition clarification:
 - Active members attend 3 or more meetings per yearly cycle
 - Supporting members attend fewer than 3 meetings per a year and/or contribute through email or end of the year survey, etc.
- Examples made regarding current “significant achievements” of group: continuing healthy beverage shift; Healthy Gatherings kit – we have seen more utilization of resources, excited energy to hear about resources

10:45am – 10:50am Breaking News

Ali Segna

- Feedback on “A Spoonful of Sugar” resource – can of soda, sports drink, vanilla latte
 - Only amount of added sugar – which is fine, just needed clarification
 - Striking (Head Start and others do messaging like this, always so surprising, impactful)
 - Can be placed next to drink dispenser
 - In favor of the “Kids Under 2” addition
 - Could use further delineation between the two sides: maybe more differentiation in color and a bigger “VS” circle
- FREE Obesity Prevention training across Ohio – AAP
 - **Register Now: OhioAAP.org/PMPRegTrain**
 - Geared toward providers and professionals
 - 140 seats available
- Ohio Law about outdoor play released 12/31/2016 – “Providing outdoor play in suitable weather for any infant over twelve months of age, toddler, preschool, and school-age child in attendance four or more consecutive daylight hours. **Suitable weather is at a minimum of twenty-five to ninety degrees Fahrenheit.**”
- Moms2B Ohio research published
 - Study began in 2011, Moms2B program focuses on improving nutrition coupled with increasing social and medical support, and targets pregnancy through the infants’ first year of life. The study assessed the effectiveness of Moms2B, by examining maternal and infant health characteristics in the community before and after implementation of the program.
 - Results From 2011 to 2014: 195 pregnant women attended one or more Moms2B sessions at the Weinland Park (WP) location. Most (75%) were African American (AA) with incomes below \$800 per month and significant medical and social stressors.
 - From 2007 to 2010, there were 442 births in WP and 6 infant deaths for an infant mortality rate of 14.2/1000.
 - In 2011–2014, the first four years of the Moms2B program there were 339 births and one infant death giving an Infant mortality rate of 2.9/1000, nearly a five-fold reduction in the rate of an infant death.
 - Among pregnant women in WP who were covered by Medicaid, the breastfeeding initiation rate improved from 37.9 to 75.5% ($p < .01$) after the introduction of Moms2B. There were no infant deaths among Moms2B participants at the WP location in the first four years of the program.
 - Conclusion: Implementation of an innovative community-based pregnancy support program was associated with important improvements in maternal and infant health in an impoverished neighborhood.

- Recent National Center for Health Statistics (CDC) report on sugar sweetened beverage consumption: it's leveling off, especially for children
 - Averages show kids are consuming SSBs once a day instead of the recommended once a week
 - Read the report here: <https://www.cdc.gov/nchs/products/databriefs/db271.htm>

10:50am – 11:00am Coalition building

All

11:00am – 11:30am Healthy Gatherings: Step-By-Step Guide

Dana Dorsey

Group reviewed Step-by-Step Guides – one geared to organizations with resources listed and one geared towards community members with more visuals.

“Organizations/Partner” Version

- Steps 3 & 5: color blocks with white lettering is hard to read
- Label resources to make it very clear what pictures are/mean
 - either as a column or add to guide's title

“Community” Version

- Stick figures: first set of exercises most appropriate for meetings, generally ambivalent on what other exercises stay or go
- Water pitcher looks like dessert drink – choose a picture with more ice water shown
- Work on sugar messaging – just use the new resource, because might accidentally encourage putting sugar in tea instead
- Step 5:
 - Make the “plate” look more like a plate – add fork and knife?
 - Blow up food pictures or add words underneath
 - Choose food pictures that represent local food options

Next Steps: Identify a Healthy Gathering resource and how it will be used within your organization or shared with the community?

Next Meeting: February 28, 2017, 10:00am-11:30am, Columbus Public Health, 119C.